

Food Tax Rebate Program

Each year, the City of Boulder provides rebates to help compensate lower-income residents for the city sales tax they pay on food. Those eligible for the program include low-income seniors aged 62 or older for the entire 2012 calendar year; low-income persons with disabilities; and low-income families with children under 18 years of age in the household for the entire 2012 calendar year. Those seeking a rebate must fill out an application documenting their eligibility.

Applications can be picked up starting March 1, 2013 from 8 a.m. to 4 p.m., Monday through Friday, at the West Senior Center, 909 Arapahoe Ave., the East Senior Center, 5660 Sioux Drive, and Boulder Housing Partners, 4800 North Broadway. Applicants from 2012 for the 2011 rebate will automatically receive an application in the mail.

Applications must be dropped off no later than 4 p.m. Friday, June 28 at the West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302 or postmarked by Saturday, June 29, 2013. For more information, call the Food Tax Rebate Program Manager at (303) 441-1836 or visit www.boulderseniorservices.com.

Complimentary parking permits available for West Senior Center

Parking is free for participants 55 and older while inside the West Senior Center. Bring your I.D. and your vehicle registration to the front desk to get a parking sticker. Sign up once and you won't have to renew again for the same vehicle. Day passes are also available. Those using the parking lot but not inside the West Senior Center may be ticketed.

The City of Boulder, Division of Senior Services does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorney's Office of Consumer Affairs, 303-441-3700 or the Attorney General's office, 303-866-5225. En español, 303-866-4828 with questions.

AARP TAX-AIDE Program

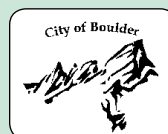
The AARP TAX-AIDE Program will offer free personal income tax assistance for people age 60 and above and for those of low or moderate income. Counselors are specially trained and tested each year in cooperation with the U.S. Treasury Internal Revenue Service and the Colorado Department of Revenue to understand those provisions of the Tax Code that affect older Taxpayers.

Tax preparation will be held at the West Senior Center, 909 Arapahoe Ave., Tuesday mornings through April 9, 2013. Call 303-441-3148 after Jan. 1 for an appointment at the West Center.

Tax preparation will also be held at the East Senior Center, 5660 Sioux Drive, on Thursday mornings through April 11, 2013. Call 303-441-4150 after Jan. 1 for an appointment at the East Center.

If you have broker statements (1099B) we recommend that you make a March appointment to allow time for the receipt of amended brokerage statements.

Those who prefer to prepare their own taxes can get information and forms on the web at www.irs.gov, or by telephone at 1-800-TAX-FORM (1-800-829-3676).



"The City of Boulder, Division of Senior Services, serves individuals regardless of ancestry, color, creed, gender variance, genetic characteristics, marital status, mental disability, physical disability, race, religion, sex and sexual orientation."

Anyone who believes they have been subject to discrimination can call 303-441-3148 or 303-441-4150.



ONGOING ACTIVITIES

WEST SENIOR CENTER 909 ARAPAHOE AVENUE

MONDAY

Women's Support Groups *Two groups offered each Monday*

If interested, please leave a message • 303-413-6377

Drop-in Table Tennis

9:30 to 10:45 a.m.

Anna, 303-402-1620

Partner Duplicate Bridge

12:45 to 4 p.m.

Don, 720-565-681

Beyond Vision Support Group

1 to 2 p.m.

Fourth Monday of each month

Beth, 720-308-3087

TUESDAY

Drop-in Table Tennis

10 a.m. to noon

Anna, 303-402-1620

Gluten Intolerance Group for Older Adults

10:30 to 11:30 a.m.

Third Tuesday of each month

Patricia, 303-587-7707 or

boulder glutenfree@gmail.com

Body-Mind Wellness for Women Cancer Survivors

10:45 to 11:30 a.m.

Dora, 720-841-8035

Healthy Relationships Support Group

11 a.m. to 12:30 p.m.

Second and fourth Tuesday
of each month

Michelle, 303-673-9000 x109

Drop-in Scrabble

12:30 to 4:15 p.m.

Esther, 303-444-9201

Boulder County Legal Services

1 to 3 p.m., by appointment
only

First and third Tuesday

of each month

303-449-7575

Diabetes Support Group

1 to 2 p.m.

Second Tuesday of each month

Ronda, 303-678-6115

Adult Children of Aging Parents Support Group

5:30 to 7 p.m.

First Tuesday of each month

Jodi, 303-441-4388

WEDNESDAY

Men's Support Group (Peer Counseling)

First and third Wednesday
of each month

If interested, please leave a
message • 303-413-6377

Friends and Newcomers Circle

10 to 11:30 a.m.

Jodi, 303-441-4388

THURSDAY

Women's Support Group

If interested, please leave a
message • 303-413-6377

World Affairs Discussion

9:30 to 11:30 a.m.

George, 303-442-3979

Drop-in Table Tennis

10 a.m. to noon

Anna, 303-402-1620

Party Bridge

1 to 3:30 p.m.

Ann, 303-494-7703

Senior Saint Singers

1:30 to 2:45 p.m.

First Thursday of each month

Kaye, 720-772-3547

Write On! (Writers Group)

1:30 to 3 p.m.

Second and fourth Thursday
of each month

Jacqui, 303-447-2931

Prize Winning Books Plus

2:30 to 4 p.m.

Second Thursday of each month

Donnie, 303-494-8644

Flatirons Mineral Club

7 to 10 p.m.

Second Thursday of each month

Gerald, 303-591-2830



FRIDAY

Shuffleboard

9:30 to 11:30 a.m.

First time players welcome!

Whitey, 303-444-0302

Boulder National Active and Retired Federal Employees Association (NARFE)

10:30 a.m. to 2:30 p.m.

First Friday of each month

John, 303-443-6027



Boulder Garden Club

Third Friday of each month
(does not meet in May)
1 to 3 p.m.
Jill or Judy, 720-231-5249

SATURDAY

***Compassion and Choices
of Boulder County Guest
Speaker Series***

Meets every other month
on Saturdays (does not meet
in April)
10 a.m. to noon
Ray, 303-545-0273

**EAST SENIOR CENTER
5660 SIOUX DRIVE**

MONDAY***Newcomers Bridge***

12:30 to 4 p.m.
Alice, 303-494-8050

American Mah Jongg

1 to 4 p.m.
Call before attending
for the first time
Beth, 303-530-7565 or
Jean, 303-494-2307

Table Tennis (advanced group)

Dick, 303-652-6524

TUESDAY

***East Central Boulder
Optimist Clubs***

9 to 11 a.m.
Lorna, 303-702-0748 or
Al, 303-499-9129

Parkinson's Support Group

10 a.m. to noon
Third Tuesday of each month
Paul, 303-494-4822

Canasta

12:45 to 3:30 p.m.
Jean, 303-494-2307

WEDNESDAY***Widowed Persons Support Group***

10 a.m. to noon
Fourth Wednesday of each month
Julie, 303-449-7740

Chinese Mah Jongg

1 to 3 p.m.
Bonnie, 303-499-6192

Table Tennis (advanced group)

Dick, 303-652-6524

THURSDAY***Cribbage***

8:30 to 11 a.m.

Alzheimer's Support Group

Noon to 1:30 p.m.
First Thursday of each month
Anne, 720-251-1743

Practice Bridge

12:45 to 4 p.m.
Ann, 303-516-9489

FRIDAY***Texas Hold 'em***

1:30 p.m.
Brenda, 303-499-3763

Table Tennis (advanced group)

Dick, 303-652-6524

***Dance Club (ballroom dance
with music by Tom Yook)***

2 to 4 p.m.
First and third Friday of
each month
Adele, 303-494-9167

SATURDAY***Columbiners Square Dance Club***

7 to 10:15 p.m.
First and third Saturdays
John Ghumm, 303-828-3412 or
Meredyth Deridder, 720-771-3983

Age Guidelines

You may participate in Senior Services and join the Encore membership program at age 55. Senior Resources consultations are available for those ages 60 and up and their family members. We have a list of agencies that are available to help those under 60.

Beginning March 1, individuals under age 55 may register for activities. A caregiver for a senior may register at the same time as the senior and pay the senior fee.

Boulder Seniors Foundation



Senior Wisdom

Growing old gracefully has a lot to do with your attitude and openness to life. Both enable you to reach out beyond yourself — the secret of aging successfully.



**Please consider supporting
Boulder Seniors Foundation**

**Mail gifts to: 909 Arapahoe
Boulder, CO 80302**





*Betty Kilsdonk,
Senior Services Manager*

From the Manager

This issue of the **Boulder Senior Services** magazine is dedicated to the theme of "Strengthening Intergenerational Relationships within Families and in the Community." As the senior population grows in Boulder and across

the nation, and as lifespans continue to lengthen, it becomes increasingly important to redefine what it means to live in a healthy community. In the past, the needs of families and individuals, seniors and youth were usually addressed separately. Today we realize that bringing resources and partners together to address the overall needs of our families and our community is a far more effective approach. Moreover, while Boulder has a high standard of living, many in our community across all age groups struggle to meet basic needs.

This issue provides us with the opportunity to let you know how Boulder Senior Services is part of a larger effort by the city's Department of Human Services to offer all residents the opportunities for growth and the tools they need to be productive and contributing members of our community.

In addition to helping keep seniors active, involved and healthy, the department supports the health, livability and diversity of the community through its divisions of Community Relations and the Office of Human Rights; Children, Youth and Families; and Human Services Policy and Planning.

Here a few of the department's accomplishments in the past year:

Food Tax Rebate Program — Each year, the City of Boulder provides rebates to help compensate qualified lower-income residents for the city sales tax they pay on food. In 2012, the city provided 873 rebates to seniors, families, and persons with disabilities totaling \$88,795.

Senior Resources Program — In 2012, we assisted more than 950 senior clients and 140 family caregivers with individual consultation and resource referrals in English and Spanish, and helped more than 80 seniors obtain over \$45,000 in financial assistance.

Celebration of Boulder's Immigrant Heritage

— The growth of the Latino and other immigrant populations means that we as a community need to adapt and become more accessible to residents who have language or cultural differences. Last fall, the city held its second annual Celebration of Boulder's Immigrant Heritage, a week of music, dance, lectures and art, sponsored by the city's Human Relations Commission and Immigrant Advisory Committee.

Wilderness Early Learning Center

— The September grand opening of the Wilderness Early Learning Center in northeast Boulder was the result of a distinctive public/private partnership for early learning in Boulder County. With funding from the city, Boulder County, private sources, and local fundraising efforts, the center supports the goals of learning, family support and education for children from birth through age six.

Human Services Fund — The department's Human Services Fund allotted over \$2 million to community partners for direct services to improve community health and well-being. One example is the Bridge House, day shelter for Boulder's homeless and working poor. The city's January 2012 Point in Time study, which helps identify the most critical needs of the homeless community, revealed that 52% of the homeless in our community are families with children. Bridge House received funding for a resource center which provides individuals with a "one-stop shop" for finding the services they need. This year, the Human Services Department will update its master plan. We invite you to participate in the process. Let us know how you think we can best deliver services which are beneficial to all.

Senior Community Advisory Committee

The Senior Community Advisory Committee (SCAC) exists to advise City of Boulder Senior Services staff in matters relating to older adults. It encourages the development of services and programs, promotes the use of facilities, and helps improve the common good of the community by utilizing the experiences and expertise of seniors. The SCAC meets every odd-numbered month at the West Senior Center. For more information, contact Betty Kilsdonk at kilsdonkb@bouldercolorado.gov or 303-441-4365.

Thanks to:

Ann Moss and Jerry Shapins for documentaries from the Boulder International Film Festival

The Carillon at Boulder Creek,
an adult children caregiver groups sponsor

Encore Coffee Talks: Dr. Patricia Torrance
for presenting *Celiac Disease and Seniors*,
and **Daryl Mercer** for his presentation on
Coin Collecting

Eric Swanson for presenting the
Affordable Housing seminar

Jonathan Williamson, 2012 caregiver group leader

Katherine Christenson, Senior Resources Volunteer

Kim Mooney for presenting the
Creating a Legacy Letter seminar

The City of Boulder IT and Library staff
for volunteering their time at the
Encore Computer Tech Fair

Via and Care Connect for sponsoring bilingual events

Juliet Ruth, DU MSW intern with Senior Resources

Ginger Rivera, MSU intern with Senior Resources

Michelle Hartlage
for leading the *Encore Laughter Club*

Jim Kettering and Spencer Turner for leading
Contemplative Living and Natural Meditation

The travel program escorts

City of Boulder Community

Mediation Service provides mediation for seniors who are involved in a conflict, such as within the family or with caregivers. Trained mediators provide a neutral, confidential setting to assist individuals to communicate their issues and develop a written agreement. Nominal fee. We can discuss with you whether mediation might be helpful. 303-441-4364 or mediation@bouldercolorado.gov.

Tune in to 50Up

*Celebrating aging with a
focus on improving the
quality of life for older adults in Boulder County!*



We partner with Boulder County CareConnect and Channel 8 to provide this informative show that encourages healthy living amongst viewers 55 and better. The show explores a variety of health and wellness topics. Shows repeat throughout the month. Find the schedule on-line at <http://www.bouldercolorado.gov/files/Channel8/Schedules/current.pdf>.

Flood and fire safety preparation

tips and evacuation procedures are available at www.boulderoem.com/ or to sign up for emergency alert messages go to www.bouldercounty.org/sheriff or call 303-651-8550. During an actual emergency, the outdoor warning sirens will sound for five minutes. During a test, they will sound for two minutes. The same signal is used whether the emergency is a flood, tornado or other disaster. If you hear a siren, tune to a local TV or radio station for further information.

Not yet 60? We have a list of agencies and programs available for those adults not yet 60, who may also be homeless. Please ask at the front desk for a copy.

Need Glasses? The James B. Hynd Trust has provided a grant to the Boulder Seniors Foundation to fund basic glasses for seniors over age 60 who cannot afford any of the cost toward glasses. Applicants must have resided in Boulder County for at least the past year. Costs maximums, features, and eligibility criteria are set by the Trust. Call Senior Resources staff at 303-441-4388 for more information.



Boulder County CareConnect

Friendly volunteers provide the following services:

- Medical Mobility: escorted transportation to and from medical appointments
- Fix-It: minor home repairs, maintenance, and grab-bar installation
- IceBusters: ice and snow removal (City of Boulder residents only)
- YardBusters: yard cleanup and basic gardening help
- Carry-Out Caravan: grocery shopping and delivery

Call 303-443-1933.



In December, Boulder County Care Connect delivered over 1000 fruit baskets to seniors across Boulder County. Young and old alike helped to deliver the baskets out of the West Senior Center.

Boulder County Legal Services

by appointment at the West Senior Center the first and third Tuesdays of each month from 1 to 3 p.m. 303-449-7575.

Community Protection Services

are available through the Boulder County District Attorney's office. We provide advice and information on a wide range of consumer protection issues: identity theft, car repairs, contractor issues, elder financial exploitation, landlord/tenant problems, charitable fraud, credit, collections agencies, internet fraud, door-to-door solicitations and telemarketing, to name but a few. Staff members and volunteers are available Monday through Friday from 8 a.m. to 5 p.m. to answer questions, provide assistance, and investigate consumer complaints. Call 303-441-3700 for further assistance, or visit www.bouldercounty.org/safety/victim/pages/dacpd.aspx.

Senior Tax Work-Off Program

Applications are due June 15 for Boulder County property owners age 60 and over to work for county departments to earn a portion of their property taxes. Call 303-441-3500 for an application or information.

AARP Driver Safety Program

Taking an AARP Driver Safety Course may help you save money and your life. Learn defensive driving techniques, new laws, rules of the road, and much more in this half day course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. In most cases auto insurance companies in Colorado provide a discount to AARP Driver Safety graduates age 55 and older. It is all in the classroom, you turn in no tests and you can have fun while learning. Register for this class at the front desk at the West Senior Center, or call 303-441-3148.

Location: ... West Senior Center

Instructor: .. Jagdish Nagda

Date: Mondays, March 4, April 8
or May 13

Fee:..... AARP Member\$12
or Non Members.....\$14



Via provides accessible on-demand transportation, individual and group travel training and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations.

Via's on-demand transportation program provides service Monday-Friday from 7:30 a.m. to 5 p.m. as well as limited weekend service.

For more information, please call 303-447-2848 or go online www.viacolorado.org.
Via is a nonprofit organization.

Reduced Rate Program

The reduced rate program as it applies to trips has changed. Please look for the "Reduced Rate Eligible" notation to tell you which trips are now eligible for the reduced rate. We are also asking current participants and new applicants to complete a new application for approval. We do this periodically to keep our list current and to allow those who were previously approved but whose income and assets have changed to provide current information. For additional information and an application, stop by the front desk at either senior center or call 303-441-3148 or 303-441-4150.

VOLUNTEER SPOTLIGHT



Meet Jerry Skeels, a volunteer for the Bits and Bytes Encore Computer Program. Jerry has been married to Judy Skeels for 53 years and lives in Lyons, Colorado. They have four daughters, all in the metro area, and seven beautiful grandkids.

Jerry has volunteered with the Encore Computer classes, held at the City of Boulder IT computer lab, since January 2011. Introduction to Computers, Where's My Stuff, Excel, Word, Facebook, Skype, Shopping Online and Computer Entertainment are a few of the classes that Jerry has assisted with. His mellow demeanor and patience with students is one reason why students seem to be relaxed and comfortable as they learn new skills.

Jerry retired from the Federal Aviation Agency after 38 years where he worked in electronics and computers. He has worked for the Colorado Air National Guard, Sound Track, and the Denver Metro Convention and Visitor's Bureau, and owned Spring Valley Computer Service. His hobbies include "everything computers" and wood working.

Boulder Senior Services is lucky to have such a wonderful volunteer as Jerry. Most of his career was spent working at a mountain top radar site where he did not interact with a lot of folks. By volunteering, he has enjoyed meeting and helping a variety of people in class and has enhanced their knowledge of computers by empowering them to explore the world-wide web.



Programs provided by Senior Resources help seniors meet their basic needs and support caregivers.

**303-441-4388,
en español 303-441-3918**

This issue we are highlighting intergenerational efforts and honoring families. Senior Resources offers support to grandparents raising grandchildren, to families of elders, and to long-distance caregivers. Our work is not only with adults over age 60 but with the family system. Often times there are challenges in communication and planning due to differing viewpoints and lifestyles. When family members are not informed about choices, resources and considerations, it can lead to assumptions and trying to make decisions without considering a broader array of options. Grandparents raising grandchildren may be interested in speaking with one of our Resource Specialists, who offer individualized consultation and resource referrals for Boulder residents over age 60 and their family members. We will help you to clarify needs, understand what your options are, learn how to maneuver the application processes, balance caregiving needs, and develop a plan of action. We offer emotional support and information to help you age well in Boulder or as a local or long-distance caregiver.

En esta edición de la revista estamos dando mucha importancia a la relación familiar. El equipo de recursos para adultos mayores ofrece apoyo a los abuelos que cuidan a sus nietos, a su familia de apoyo y a la familia de larga distancia. Nuestro trabajo no es solo con las personas mayores de 60 años sino también con la familia. Cuando la familia no es informada acerca de las opciones, recursos y consideraciones, esto puede llevar a tomar decisiones sin reflexionar sobre una más amplia gama de opciones. Nuestros especialistas en recursos ofrece consultas individuales para personas mayores de 60 años que vivan en la ciudad de Boulder. En febrero vamos a tener una feria de recursos para proveer información acerca de los recursos que se ofrecen para apoyar a las personas que se quedan en casa. Si no puedes venir llámanos y nosotros te daremos la información acerca de todos los servicios que hay. Nosotros te ayudaremos a aclarar tus dudas, a entender las opciones, a aprender cómo llenar aplicaciones, un balance para las personas de apoyo y a desarrollar un plan de acción. Nosotros ofrecemos apoyo emocional e información que te pueden ayudar a tener una vejez más cómoda viviendo aquí en Boulder y a la familia que está lejos.



Marlene Astacio from Senior Resources and collaborating agencies gathered over 20 people to have lunch at Café Classico, inspiring Spanish conversation and engagement at the West Senior Center.



Helping Boulder seniors in need

Please join the Boulder Seniors Foundation
in helping Boulder Senior Services
meet low income seniors' medical, dental,
prescription, utilities, and rental expenses.
The need is greater than ever.

Please mail your check to:

Boulder Seniors Foundation
909 Arapahoe Ave.
Boulder, CO 80302

IMPORTANT TELEPHONE NUMBERS

West Senior Center	303-441-3148
East Senior Center	303-441-4150
Access-A-Ride.....	303-292-6560
Accident Report	303-441-3333
Boulder County Area Agency on Aging	303-441-3570
Boulder County ARCH	303-441-1617
Boulder Housing Partners.....	720-564-4610
Boulder County Housing and Human Services Adult Protective Services.....	303-441-1000
CareConnect	303-443-1933
Care Link Adult Day Program.....	720-562-4470
Center for People with Disabilities.....	303-442-8662
Close Call Phone Line	303-441-4272
City of Boulder Information	303-441-3388
Eldershare Food Program.....	303-652-1307
Emergency Family Assistance	303-442-3042
Federal Government	1-800-FED-INFO
Fire Prevention/Safety	303-441-4355
Flu Shot Hotline.....	1-800-462-2911
Food Tax Rebate Program.....	303-441-1836
Foot Care.....	303-651-5224
Meals on Wheels.....	303-441-3908
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Police Senior Liaison	303-441-3322
Pothole Hotline.....	303-441-3962
RTD	303-299-6000
Social Security Office	1-800-772-1213
Street Maintenance	303-413-7162
Veterans Services	303-441-3890
Via Information.....	303-447-2848
Via Rides	303-447-9636
Workforce Boulder County.....	303-301-2900

www.boulderseniorservices.com



CareLink

SPECIALIZED
ADULT DAY PROGRAM

*Help for those
caring for loved ones*

Free Assessment
& Trial Visit
Meals & Snacks
Fun Structured Activities
Medication Assistance
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4900 THUNDERBIRD
BOULDER, CO 80303
720-562-4470



*Thank you to Juliet Ruth,
DU intern who has been
working with Senior
Resources.*

Farewell!

Our intern Juliet Ruth bid adieu in December and Ginger Rivera is finishing up her internship with us in May. We thank them for all their hard work at the senior centers and casework with seniors. We wish them the best as they pursue their social work careers.

THE ALZHEIMER'S ASSOCIATION COLORADO CHAPTER PRESENTS:

The Savvy Caregiver

Caring for someone with Alzheimer's or other dementias requires knowledge, special skills and a unique outlook to enhance the well-being of the person with dementia as well as the caregiver. This program is designed for family members, friends, neighbors and partners, who either provide direct care locally or support from afar. It is beneficial to take either "The Basics: Memory Loss, Dementia and Alzheimer's" or the "Living With Alzheimer's" series offered regularly through the Alzheimer's Association before taking this more in-depth course. The Savvy Caregiver workshop meets two hours every week for six consecutive weeks. Please register on-line at www.alz.or/co under Classes & Workshops or by calling 303-813-1669.

Location:.... West Senior Center

**Date: Fridays, March 15 to April 19
9 to 11:00 a.m.**

Fee:..... Free



Long-Term Care Insurance Support far beyond money



Too often family members pay the emotional, physical and financial costs of caring for a loved one over an extended period of time. Our long-term care insurance can help support caregivers by eliminating the guesswork and providing care choices and planning services during a potentially stressful time in your and your family's life.

Talk to a New York Life Insurance Company Agent. Find out if long-term care insurance is right for you. They offer knowledge and experience to help protect retirement income, standard of living and quality of life for you and those you love.

Candice Bahnsen, Agent
(303) 775-5859

cbahnsen@ft.newyorklife.com

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Longmont, CO 80504

www.candicebahnsen.nylagents.com

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2007 New York Life Insurance Company, 51 Madison Ave, New York, NY 10010.



3D's: Depression, Dementia and Delirium

Learn how to differentiate between these very common disorders in the older population, and why it is important to know the difference and have the right diagnosis. We will touch on treatment options as well. Presented by Dr. Haleh Nekoorad-Long who is a board certified Geriatric Psychiatrist, and the Medical Director for Alta Vita Memory Care Centre, an assisted living community for the memory impaired. Dr. Nekoorad-Long primarily works with aging adults and their issues regarding dementia, depression and bipolar disorder. She considers herself a psychopharmacologist and deals with multiple medications, and the possible interactions between the medications. She has been serving patients in Longmont, Boulder, Denver, and surrounding areas since 2003 through the Colorado Mood and Memory Clinic. To register, please call 303-300-3700.

Location:.... West Senior Center

*Instructor: .. Haleh Nekoorad-Long, M.D.,
a geriatric psychiatrist*

*Date: Monday, April 22
12:30 to 2 p.m.*

Fee:..... Free

Medicare Basics Classes

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription drug coverage. Classes are held the first Thursday of every month. Call 303-441-1546 to register.

Instructor: .. Jan Van Sickle

Location:.... East Senior Center

*Date: Thursdays, March 7 and May 2
2 to 4 p.m.*

and

Location:.... West Senior Center

*Date: Thursday, April 4
2 to 4 p.m.*

Caregiving Symposium

Each May, Boulder County Area Agency on Aging holds this event for family members who are providing care or who wish to learn about the available resources as they plan for the future. The 2013 Caregiving Symposium will be held Tuesday, May 21, noon to 5 p.m. Call 303-678-6116 for more information.

Cinco de Mayo Celebration!

El Potluck multicultural será el Viernes 3 de mayo de 4 a 7 en el Centro para personas Mayores. Ven y conoce a las personas que viven en nuestras ciudades vecinas de Longmont, Lafayette, Louisville y Erie. Nuestro tema va a ser la celebración del 5 de Mayo. Trae un plato de comida para compartir que sea para 5 o 6 personas. Vamos a tener baile folklórico, música, mucha comida y mucha diversión. Invita a tu familia y amigos! Llama para confirmar tu asistencia antes del 26 de abril a Marlene al 303- 441-3918.

The multicultural potluck will be on Friday, May 3, from 4 to 7 p.m. at the West Senior Center. Join neighbors from Longmont, Lafayette, Louisville and Erie. Our theme is the 5 de mayo Celebration. Bring any potluck dish you wish that serves five or six people. We will have traditional Mexican dance, music, lots of food and fun. Invite your family and friends! The registration deadline is April 26; call Marlene at 303-441-3918.



Peer Counseling

Apply to become a volunteer who supports those over age 60 through challenging life transitions or losses. Training begins in March, 2013. If selected, complete an eight-week training session, then be matched 1:1 with an older adult, or train further to facilitate support groups. Weekly group supervision with the Mental Health Center Geriatric Team Clinician. One year minimum commitment. Applications available at the East and West Senior Centers, or call Helen at 720-406-3661.

Life with Diabetes Support and Education Group

A new or existing diagnosis or family history of diabetes may lead to questions about how best to manage your diabetes. Please join us on the second Tuesday of each month from 1 to 2 p.m. at the West Senior Center. 303-678-6115.

Adult Children of Aging Parents Group

Facilitated by a licensed professional counselor with experience in the field of aging and Jodi Ansell, MSW. First Tuesdays, 5:30 to 7 p.m. at West Senior Center. \$5 per session requested. 303-441-4388

Researching Resources?

Handouts for local resources and ARCH Resource Guides are available at each senior center. These include Senior Housing, Help in the Home, Transportation, Food programs, Financial Assistance, Websites, Respite options for caregivers, Volunteer opportunities, and more. Drop by the lobby to browse at the materials or go to www.boulderseniorservices.com and www.bouldercountyhelp.org.

To inquire about the men's, women's, caregivers', or grandparents raising grandchildren groups, call 303-413-6377.

To request a volunteer for 1:1 visits in Boulder please call 303-441-4388.



Katie Rowe, Mary Ellen Floyd, Elizabeth Strzok enjoy a Tuesday evening dinner.

Meals on Wheels of Boulder

Meals on Wheels of Boulder is an independent 501(c)(3) organization providing home delivered meals to more than 500 of your neighbors in Boulder. We receive no federal or state funding but we are extraordinarily grateful for our long-standing partnership with the City of Boulder Senior Services and Boulder County Area Agency on Aging. Our mission is to provide food to those in Boulder who need it — regardless of age or income.

Last year we prepared more 90,000 meals, 24,000 of which went to individuals who could only afford to pay \$1 or less for their food. Nearly 14,000 meals were served in Café Classico in Boulder's West Senior Center. We serve lunch five days a week between 11:30 a.m. and 12:30 p.m. for only \$5/person. And every Tuesday evening, in partnership with Via, we sponsor a Tuesday evening dinner, often including entertainment, for only \$6/person.

Check out our monthly menus posted on our website www.mowboulder.org or visit www.boulderseniorservices.com and click on "Café Classico."



*You are invited to a special event in recognition of
National Nutrition Week, March 18-22*

*Meals on Wheels of Boulder,
in cooperation with Boulder Senior Services, presents*

Cooking Smart — a participatory cooking demonstration

Thursday, March 21, 2 p.m., in Café Classico

Guests will learn to adapt recipes to make them lower in fat, sodium and sugar, after which we will eat the results of our work. Coffee, tea, water and cooking ingredients provided at no charge by Meals on Wheels of Boulder.

*For information and to make a reservation,
call Meals on Wheels of Boulder 303-441-3907.*



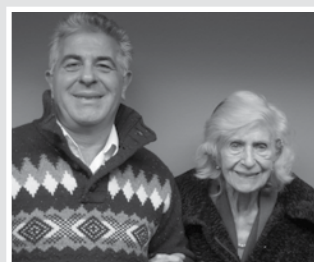
Lisa Volk and Raouf Zaidan were the highlight of the evening at a December performance at Café Classico.



Friends out for a dinner at Café Classico.



Christina Lalog and the Broadway Boomers entertained after dinner at Café Classico at the West Senior Center.



Entertainer Raouf Zaidan with his mother.

